



2018

SCNC

SKILLS CANADA
NATIONAL COMPETITION

OCMT

OLYMPIADES CANADIENNES
DES MÉTIERS ET
DES TECHNOLOGIES



SkillsCompétences
Canada
Edmonton2018

COMMON TABLE LIST / TABLE COMMUNE DES INGRÉDIENTS

COOKING CUISINE

SECONDARY AND POST - SECONDARY /
NIVEAUX SECONDAIRE ET POSTSECONDAIRE



All items are subject to availability.

Alcohol
Beer, India Pale Ale
Beer, Stout - Guinness
Brandy, VSOP
Grand Marnier
Port, Ruby
Rum, Dark
Rum, White
Scotch, Single Malt
Vermouth, Red, Sweet
Vermouth, White, Dry
Wine, Red, Cabernet Sauvignon
Wine, Red, De-Alcoholised
Wine, Red, Merlot
Wine, White, Chardonnay
Wine, White, De-Alcoholised
Wine, White, Riesling
Dairy
Butter, Salted
Butter, Unsalted
Cheese, Cream
Cheese, Gruyere
Cheese, Parmesan
Cheese, Cheddar aged white
Cream, 35%
Cream, 10%
Eggs
Milk, Homogenised, 3.25%
Sour Cream
Dry Goods
Agar Agar
Baking Powder
Baking Soda
Beans, Cannellini, canned
Beans, White, (soaked overnight)
Buckwheat Grain
Chocolate, Dark, Callebaut 811 (53.7%)
Chocolate, Dark, Coating
Chocolate, Milk, Callebaut 823 (33.6%)
Chocolate, White, Callebaut,w2nv (28%)
Chocolate, White, Coating
Cocoa Powder
Coconut, Grated, Sweetened
Corn Starch
Cous Cous
Flour, AP
Flour, Pastry
Flour, Bread
Gelatine, Leaves

Gelatine, Powder
Glucose
Honey
Maple Syrup
Mustard, Dijon
Nuts, Almond, Ground
Nuts, Hazelnuts, Whole
Nuts, Walnut Halves
Oil, Canola
Oil, Olive, Extra Virgin
Pasta, ditalini
Quinoa
Sesame Seeds, Black
Sesame Seeds, White
Soya Sauce
Sugar, Brown
Sugar, Granulated, White
Sugar, Icing
Sugar, Isomalt
Tabasco Sauce
Tomato Paste
Whole Plum Tomatoes, Canned
Vanilla, Bean
Vanilla, Pure
Vinegar, Balsamic
Vinegar, Cider
Vinegar, White
Vinegar, White wine
Vinegar, Red Wine
Worcestershire Sauce
Xanthan Gum 93
Yeast, Dry
Frozen Items
Blackberries, IQF
Blueberries, IQF
Pastry, Filo
Pastry, Puff
Puree, Mango
Puree, Passion Fruit
Puree, Raspberry
Puree, Strawberry
Raspberries, IQF
Strawberries, IQF
Herbs - Fresh
Basil
Chives
Cilantro
Dill
Mint

Oregano
Parsley
Rosemary
Tarragon
Thyme

Miscellaneous
Aluminum Foil
Bread, White, Sliced
Butcher's Twine
Cheesecloth
Cling Film
Oak Chips
Pan Spray
Parchment Paper
Produce - Fruit
Apples, Gala
Blackberries
Blueberries
Kiwi
Lemons
Limes
Mango
Oranges
Pears, Bosc
Pineapple
Raspberries
Strawberries
Produce - Vegetables
Asparagus, Green
Arugula, baby
Beans, French
Beets, Baby Red, Stem on
Broccoli
Cabbage, green
Carrots
Cauliflower
Celeriac (Celery Root)
Celery
Fennel
Garlic Bulb
Ginger Root
Leeks
Lemon Grass
Mushrooms, Shiitake
Mushrooms, White Button

Mesclun Mix Greens
Onions, Spanish
Onions, green
Parsnips
Peppers, Green
Peppers, Red
Peppers, Yellow
Potato, Mini Golden
Potato, Mini Red
Potato, Russet 100ct
Potato, Yukon Gold
Shallots
Spinach, Baby
Tomato, Roma
Tomato, Cherry Red
Turnips, purple top
Yams
Zucchini, green
Proteins & Stocks
Bacon, Smoked, Slab
Ham - Sliced
Stock, Brown, Veal
Stock, White, Chicken
Venison Loin
Sirloin Cap, Beef, Fresh
Spices - Dry
Allspice
Bay Leaves
Cinnamon, Ground
Cinnamon, Stick
Curry Powder
Ginger, Ground
Nutmeg, Whole
Onion Powder
Oregano, Dried
Paprika, Hungarian
Pepper, Cayenne
Peppercorns, Black
Peppercorns, White
Pepper, Ground White
Salt, Kosher
Salt, Maldon Sea
Salt, Table
Thyme
Turmeric